

# All Access Week Spring 2018

January 8–14

## Daily Activities

**FREE CLASSES:** Group Fitness, Masters Swimming, Martial Arts and Dance, CrossFit\* All Access Week

Please see Session I schedules for days, times & locations. With over 150 classes to choose from, it's hard to decide which classes to register for. Try any class for free during All Access Week so you can pick the perfect one for you!

\*\*\*WSU Students, Faculty and Staff will have access to the SRC & Chinook with their WSU Cougar Card during this week\*\*\*

## Monday, January 8

**Chinook Student Center:** 5:30am–11:30pm; **Student Recreation Center:** 5:30am–11:30pm;  
**SRC Pool:** 6:00am–8:00am, 11:00am–1:30am, 3:30pm–11:00pm; **SRC Climbing Wall:** 12:00pm–9:00pm;  
**Down Under Recreation Center:** 6:00–9:00am, 12:00pm–11:30pm

Time	Activity	Location	Information
7:00–9:00pm	Free Belay Clinic	SRC Climbing Wall	Do you want to participate in roped climbing in our facility? This course provides the necessary instruction to belay your partner, climb, and use our auto-belay systems.
5:00–5:20pm 5:20–5:40pm 5:40–6:00pm	Free Bouldering Clinic	SRC Climbing Wall	Knot really ready to learn the ropes? That's okay, this course provides the necessary instruction to boulder at our facility while teaching some basics.
6:30–7:30am	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
11:30–12:30pm	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
6:30–7:15pm	Learn to Swim Clinic	SRC Pool	This clinic is designed to help you learn how to be safe in and around the water along with assisting you in determining which programs UREC offers that can help you reach your goals.
6:30–7:30pm	Olympic Lifting Workshop	Chinook B40	Have you thought about beginning to train the Olympic lifts? Wonder what Olympic lift is? This 1 hour workshop is for you.

## Tuesday, January 9

**Chinook Student Center:** 5:30am–11:30pm; **Student Recreation Center:** 5:30am–11:30pm;  
**SRC Pool:** 6:00am–8:00am, 11:00am–1:30am, 3:30pm–11:00pm; **SRC Climbing Wall:** 12:00pm–9:00pm;  
**Down Under Recreation Center:** 6:00–9:00am, 12:00pm–11:30pm

Time	Activity	Location	Information
6:30–7:30am	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.

5:00–5:20pm 5:20–5:40pm 5:40–6:00pm	Free Bouldering Clinic	SRC Climbing Wall	Knot really ready to learn the ropes? That's okay, this course provides the necessary instruction to boulder at our facility while teaching some basics.
6:30–7:15pm	Butterfly Swim Clinic	SRC Pool	Work with one of our UREC Swim Instructors to learn ways to make your swimming more efficient or to learn a new drill to add to your workouts.
5:00–7:00pm	Winter Sports Showcase	SRC Lobby	Learn about discounted lift tickets, ski tuning services, and winter sports gear available for rent at the ORC Rental Shop.
6:00–7:00pm	Test Your Vertical Jump	TBA	The vertical jump is a pertinent movement in many sports and is commonly used as a marker of an athlete's power. Join us for a free opportunity to assess your vertical jump.
5:30–7:30pm	V.I.P. Fitness Party	SRC Court 6	Calling all V.I.P.s (Very Important Participants)! We're kicking off the New Year with our fourth annual fitness party! We'll be debuting Strong by Zumba, followed by one hour of Dub Step Yoga. Whether you're dropping in or joining for all of it, you won't want to miss this red carpet event!

### Wednesday, January 10

**Chinook Student Center:** 5:30am–11:30pm; **Student Recreation Center:** 5:30am–11:30pm;  
**SRC Pool:** 6:00am –8:00am, 11:00am.–1:30am, 3:30pm–11:00pm; **SRC Climbing Wall:** 12:00pm–9:00pm;  
**Down Under Recreation Center:** 6:00–9:00am, 12:00pm–11:30pm

Time	Activity	Location	Information
6:30– 7:30am	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
11:30–12:30pm	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
Noon–7:00pm	Free same day rental	ORC	Demo gear for FREE (same day rentals only). Choose your own adventure with the ORC's fleet of snowshoes, x-c skis, and more.
5:00–7:00pm	Winter Sports Showcase	SRC Lobby	Learn about discounted lift tickets, ski tuning services, and winter sports gear available for rent at the ORC Rental Shop.
5:00–5:20pm 5:20–5:40pm 5:40–6:00pm	Free Bouldering Clinic	SRC Climbing Wall	Knot really ready to learn the ropes? That's okay, this course provides the necessary instruction to boulder at our facility while teaching some basics.
6:30–7:15pm	Flip–Turn Swim Clinic	SRC Pool	Work with one of our UREC Swim Instructors to learn ways to make your swimming more efficient or to learn a new drill to add to your workouts.

## Thursday, January 11

**Chinook Student Center:** 5:30am–11:30pm; **Student Recreation Center:** 5:30am–11:30pm;  
**SRC Pool:** 6:00am –8:00am, 11:00am.–1:30am, 3:30pm–11:00pm; **SRC Climbing Wall:** 12:00pm–9:00pm;  
**Down Under Recreation Center:** 6:00–9:00am, 12:00pm–11:30pm

Time	Activity	Location	Information
7:00–9:00pm	Free Belay Clinic	SRC Climbing Wall	Do you want to participate in roped climbing in our facility? This course provides the necessary instruction to belay your partner, climb, and use our auto-belay systems.
5:00–5:20pm 5:20–5:40pm 5:40–6:00pm	Free Bouldering Clinic	SRC Climbing Wall	Knot really ready to learn the ropes? That's okay, this course provides the necessary instruction to boulder at our facility while teaching some basics.
12:00–1:00pm	Lunch Cross-Country Ski Demo	ORC	If there's snow on the ground, come spend some time with the ORC at Palouse Ridge Winter Park. All you need is a warm coat and a smile!
6:30–7:30am	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
6:00–8:00pm	Ski & Snowboard Maintenance Clinic	ORC	Learn how to tune and wax your skis or snowboard.

## Friday, January 12

**Chinook Student Center:** 5:30am–11:30pm; **Student Recreation Center:** 5:30am–11:30pm;  
**SRC Pool:** 6:00am –8:00am, 11:00am.–1:30am, 3:30pm–11:00pm; **SRC Climbing Wall:** 12:00pm–9:00pm;  
**Down Under Recreation Center:** 6:00–9:00am, 12:00pm–11:30pm

Time	Activity	Location	Information
6:00–7:00am	Fitness Swimming	Smith Pool	Coach directed workouts to improve your skills and physical fitness.
11:30–12:30pm	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
6:30–7:30am	Fitness Swimming	SRC Pool	Coach directed workouts to improve your skills and physical fitness.
5:00–5:20pm 5:20–5:40pm 5:40–6:00pm	Free Bouldering Clinic	SRC Climbing Wall	Knot really ready to learn the ropes? That's okay, this course provides the necessary instruction to boulder at our facility while teaching some basics.
6:30–7:15pm	Freestyle Swim Clinic	SRC Pool	Learn ways to make your swimming more efficient or learn a new drill to add to your workouts.